

COOKING TO CONNECT

Everyone has a story to share.

DAGING MASAK KICAP (Beef in Soy Sauce)

Ingredients

400gms beef	5 tbsps corn oil
8 large onions sliced	½ cup thick soy sauce
8 cloves garlic sliced	8 cups water
5cm piece of ginger	1 tbsp vinegar
3 tbsps curry powder	1 tsp tomato puree
1 tbsp pepper	2 tbsps tamarind juice
2 carrots cut into 3 cm	

Method

1. Cut the beef into bite sized pieces, wash and drain well
2. Mix the beef with the curry powder, pepper, tamarind juice, salt, tomato puree and let it stand for 30 minutes
3. Heat oil in a pan and fry the ginger, garlic and onions until golden brown
4. Add in the beef and mix well. Pour in the soy sauce and carrots
5. Pour in the water and let it boil until the beef is tender
6. Serve hot with plain rice

OUR KATANNING RESIDENT ALEP MYDIE

I am the Imam in Katanning which means Muslim leader. I lead worship services in our Mosque, run a business, am a father to four beautiful children and care for my mother who is 84 years old and lives with us. I came to Katanning in 1974 from Christmas Island. Christmas Island was running out of superphosphate so our parents had no work.

Two elders came to Katanning as machinery drivers and saw that the meatworks were looking for workers. The government were offering incentives to move and relocate to the mainland so the majority of the first



voyage to the mainland came to Katanning. My mum and dad were prepared to live and adjust to life in Katanning. But they did not abandon their culture, their customs and beliefs. When there was obstacles or discrimination they managed by adjusting and finding a way to include themselves in this community. It has not always been an easy journey, but we always tried our best.

Discrimination is really just a lack of knowledge. It is the fear of the unknown. Now in Katanning I don't encounter discrimination. Sometimes there might be a personality difference or a disagreement on an issue, but no discrimination. We cannot have harmony if we have discrimination. I feel our children are privileged to live here in our multicultural community because it has made our community open minded. I really love my life here in Katanning!

Every year I practice Ramadan. It is a very special time in the Muslim religion. It will fall on a certain day of the year according to the lunar calendar. Ramadan is part of the five pillars of Islam and we fast for a month from sunrise to sunset. This enriches the humanity within us. It helps us think of others less fortunate than us and how other people in the world are suffering. It is not only fasting we practice, but also we cannot lie, kill, fight, think negatively about others or act selfishly during Ramadan. This will cleanse our inner body from the fasting and cleanse our mind and spirit too.

So what does a day in Ramadan look like for me? I will have breakfast at 3.30am and it is a big breakfast! 2 coffees, iron man nutri grain, multi vitamins and water. I then go to the Mosque for early morning prayer at 4.30am. It's then time to open up my coffee shop and serve the customers. There will be a mid-afternoon prayer and I will break fast at the mosque around 6pm and wash. It is a rule of law that you must break fast. I will have a little bit to eat like dates and water. Then a big meal like this beef in soy sauce recipe and lots of other food and dessert when I get home. The meal is really anticipated. It is the best moment of the day when the table is full of food and waiting to be eaten. The joy when you get to eat it is enormous! I then watch Home and Away of course and go back to the Mosque for evening prayer at 8.30pm. I will eat a bit more food and drink before bed.

Those meals are a family bonding time. We are always looking for new and delicious recipes to cook during Ramadan. We will make a lot of special food during Ramadan and come together as a family to eat and pray together.

The 25th day of Ramadan is most exciting. That is the day when we start counting down the last five days of Ramadan to Eid. Our family will all come here to Katanning for Eid and gather together to eat, enjoy each other and pray. The mosque will be full! It is the greatest moment of Ramadan. We will reflect on the suffering we endured at the beginning of Ramadan, the blessings we feel during the middle of Ramadan and the joyfulness we feel at the end of Ramadan.

I feel so blessed to live in Katanning, when I go away I can't wait to come home! We came to Katanning to start a new life and have made it our home. This place and it's people are my life. I hope you enjoy eating beef in soy sauce with your family or friends and know that it is shared with love.